

[Core Strength List](#) (google specific exercises)

[Pace Calculator](#) (use last known time)

Race #1 800 meters May 26! One heat at 3:20!!! [RESULTS](#)

Goal Race #2 1600 meters June 2

Questions?

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Quinn 651-494-2999

Monday - easy runs/mid-distance maybe with hills

Thursday - workouts

Want to race at 5K? The [Brian Kraft 5K is on Memorial Day](#). You'll run fast and get to see some of Minnesota's professional runners.

Workouts Ideas for the week of May 31

Mon	Easy 2-4 miles	Pillar 2x Hip Stability and Mobility 2x
Tues	2 to 3 miles Recovery run	Plank 2x Banded Hip Circuit 2x
Wed	1600 meter Time Trial - HP Track at 3:20 7:00 pm CC Run Sign up meeting Google Meet: hpshbrad3303	Pillar 2x Hip Stability and Mobility 2x
Thurs	2-3 miles Recovery run 7:00 Fantasy Fitness Draft	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles First Day of Fantasy Fitness	Banded Hip Circuit 2x

	First day of the Cross Country Summer Training Plans!	
Sun	Rest Day	

Workouts Ideas for the week of May 24

Mon	Easy 2-3 miles 4x 200s at 800 goal pace	Pilar 2x Hip Stability and Mobility 2x
Tues	2 to 3 miles Recovery run	Plank 2x Banded Hip Circuit 2x
Wed	800 meter Time Trial - HP Track Results	Pillar 2x Hip Stability and Mobility 2x
Thurs	2-3 miles Recovery run	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of May 17 (one week before race week)

Mon	Easy 2-3 miles 4x 200s at 800 pace 5x 10 second hill sprints	Pilar 2x Hip Stability and Mobility 2x
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Tues	2 to 3 miles Recovery run	Plank 2x Banded Hip Circuit 2x
Wed	3 to 4 miles Recovery Run	Pillar 2x Hip Stability and Mobility 2x
Thurs	CV Workout Warm up 4 x 800 at CV (don't push the pace) 3 x 15 to 20 second hill (fast) 3 x 200 at goal mile pace Cool down	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of May 10

Mon	Speed Workout warm up: 1 to 2 mile run, 4 to 6 strides 4 x 400 meters at 95% effort 8 min rest between 400s (don't cut it short) Short cool down	Pilar 2x Hip Stability and Mobility 2x
Tues	2 to 3 miles Recovery run	Plank 2x Banded Hip Circuit 2x
Wed	3 to 4 miles Recovery Run	Pillar 2x Hip Stability and Mobility 2x

Thurs	CV Workout Warm up 3 x 800 at CV (don't push the pace) 6 x 15 to 20 second hill (fast) 3 x 200 at 800 meter pace Cool down	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of May 3

Mon	Long Hills Warm up 1 to 2 miles 5 to 6x long hill 40 to 60 seconds Marina Hill and Lock/Dam Hill are good picks Cool down	Pilar 2x Hip Stability and Mobility 2x
Tues	2 to 3 miles Recovery run 5x short hill sprints - 10 to 15 seconds (fast as you can go)	Plank 2x Banded Hip Circuit 2x
Wed	3 to 4 miles Recovery Run	Pillar 2x Hip Stability and Mobility 2x
Thurs	CV Workout PICK ONE Workout 1- Warm up 4 x 800 at CV	Plank 2x

	5 x 200 at 800 meter pace Cool down Workout 2- Warm up 4x 400 at CV 3x 200 at 800 meter pace Cool down	
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of April 26

Mon	1 to 2 mile warm up 4 to 6 long strides 1 mile time trial (We will be running 2 sides of the big golf course) 1 mile cool down Maybe highland/hamline/montreal on big GC Boat Launch course might be a good spot There are also 1 mile marks on River Road WE ARE RUNNING THE TIME TRIAL TOGETHER AT THE GROUP RUN TODAY!	Pilar 2x Hip Stability and Mobility 2x
Tues	2 to 3 miles Recovery run	Plank 2x Banded Hip Circuit 2x

Wed	3 to 4 miles Recovery Run	Pillar 2x Hip Stability and Mobility 2x
Thurs	CV Workout PICK ONE Workout 1- 1 mile warm up 4 x 800 at CV pace (75 sec rest) 4 x grassy hill at mile effort pace 3 x 200 at mile pace Easy cool down Workout 2- 1 mile warm up 3x 400 at CV pace (75 sec rest) 3x grassy hill at mile effort pace 2x 200 at mile pace Easy cool down	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of April 19

Mon	1 to 2 mile warm up 4 x longer hill 45 to 60 sec at mile effort pace Examples Lock and Dam Hill Watergate Marina Hill Montreal Hill	Pilar 2x Hip Stability and Mobility 2x
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Tues	2 to 3 miles Recovery run	Plank 2x Banded Hip Circuit 2x
Wed	3 to 4 miles Recovery Run	Pillar 2x Hip Stability and Mobility 2x
Thurs	CV Workout 1 mile warm up 4 x 800 at CV pace (90 sec rest) 4 x grassy hill at mile effort pace 3 x 200 at mile pace Easy cool down	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of April 12

Mon	1 mile warm up 4 x longer hill 45 to 60 sec at mile effort pace Examples Lock and Dam Hill Watergate Marina Hill Montreal Hill	Pilar 2x Hip Stability and Mobility 2x
Tues	2 to 3 miles Recovery run	Plank 2x Banded Hip Circuit 2x

Wed	CV Workout 1 mile warm up 3 x 800 at CV pace 3 x grassy hill at mile effort pace 3 x 200 at mile pace Easy cool down	Pillar 2x Hip Stability and Mobility 2x
Thurs	2 to 3 miles Recovery run 6 x 10 seconds fast on a grassy hill	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of April 5

Mon	1 mile warm up 3 x 2 min at threshold (1 min rest) 6 x 150 as fast as possible (4 min rest) Easy cool down	Pillar 2x Hip Stability and Mobility 2x
Tues	2 to 3 miles Recovery run	Plank 2x Banded Hip Circuit 2x
Wed	2 to 3 mile warm up 8 x 10 seconds grassy hill	Pillar 2x Hip Stability and Mobility 2x
Thurs	1 to 2 mile warm up 2 miles at tempo pace (look it up) Easy cool down	Plank 2x

Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 5 to 7 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of March 29

Mon	Easy Run 2 to 3 miles 6 x 100 meters stride	Pilar 2x Hip Stability and Mobility 2x
Tues	1 mile warm up 5 x 400 meters at Threshold Pace	Plank 2x Banded Hip Circuit 2x
Wed	Easy Run 2 to 3 miles 6 x 10 seconds grassy hill	Pillar 2x Hip Stability and Mobility 2x
Thurs	1 mile warm up Find a longer hill (Lock/Dam Hill, Watergate Marina Hill, or Hidden Falls South Hill) 5 x 40 seconds on the hill at Mile Pace Effort 1 mile easy run	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 4 to 6 miles	Banded Hip Circuit 2x
Sun	Rest Day	

Workouts Ideas for the week of March 22

Mon	Easy Run 2 to 3 miles 6 x 10 seconds grassy hill	Pilar 2x Hip Stability and Mobility 2x
Tues	1 mile warm up 1.5 miles at Tempo Pace 0.5 mile cool down	Plank 2x Banded Hip Circuit 2x
Wed	Easy Run 2 to 3 miles 6 x 10 seconds grassy hill	Pillar 2x Hip Stability and Mobility 2x
Thurs	1 mile warm up 2 x 400 meter at threshold 4 x 200 at mile pace 6 x 10 seconds grassy hill	Plank 2x
Fri	Cross Train Day - 60 minutes Bike, soccer, tennis, basketball.....	Pillar 2x Hip Stability and Mobility
Sat	Long Run - ideally on a trail 4 to 6 miles	Banded Hip Circuit 2x
Sun	Rest Day	